



BE WISE WITH YOUR EYES

Treating Common Eye Conditions



If you've ever experienced any type of eye problem or irritation, you know how extremely uncomfortable it can be. Fortunately, many common eye maladies usually go away on their own or can be managed with self-care. Over-

the-counter treatments like artificial tears, ointments and ocular decongestants can help with dryness, itchiness or excessive watering of the eye. However, if you or anyone in your family is showing signs of an eye infection, you should seek medical help right away.

Eye infections occur when bacteria, fungi or viruses invade any part of the eyeball or surrounding area. Infection can

also develop from irritation, such as getting a small amount of a chemical in the eye, or it can occur after a minor eye injury or scratch.

Seek medical treatment if you experience any of the following signs of eye infection:

- » Severe pain in the eye
- » Yellow, green, bloody or watery discharge from the eye
- » Redness of the eye or eyelids
- » A constant feeling that something is in the eye
- » Increased sensitivity to light
- » A gray or white sore on the colored part of the eye (iris)
- » Blurred or decreased vision
- » Fever with no other cause (i.e., you don't have a cold or flu)



If untreated, some types of eye infections can damage the eye very quickly. So, anytime you suspect an eye infection, you should always visit your doctor. Lastly, if you wear contact lenses and are experiencing signs of infection, you should remove them and only wear your eyeglasses until you have visited your doctor for diagnosis and treatment.

QUICK SOLUTIONS FOR YOUR PEEPERS

Take note of these tips if you encounter a minor eye problem or accident.

THE SITUATION: You encountered a lot of dust and now your eyes are extremely dry and itchy or you got a foreign body like an eyelash or a grain of sand in your eye.

THE SOLUTION: Flush your eyes with artificial tears. Ideally, you wouldn't want to use tap water, as it could have harmful organisms. If you don't have artificial tears handy, opt for distilled or purified water. Also, try not to poke or rub your eyes. This could cause further irritation or you could possibly scratch your cornea.

THE SITUATION: A chemical, like hairspray, soap, or a household cleaner got into your eye.

THE SOLUTION: First, wash your face and hands to make sure the chemical is removed from those areas. Then, flush with artificial tears. If the chemical was harsh (like bleach or ammonia) call your doc or head to the ER if you're experiencing significant pain.

THE SITUATION: Someone or something poked you in the eye.

THE SOLUTION: If it was a minor jab and you're not in serious pain, place a warm compress on your eye for five minutes and flush your eyes with artificial tears. If it was more serious (you're experiencing severe pain and/or light sensitivity) seek medical attention as you want to rule out scratched cornea or any other eye damage.

